



## **SUDDEN INFANT DEATH SYNDROME (SIDS)** ***REDUCING THE RISK***

### **INFORMATION FOR PARENTS/GRANDPARENTS**

- **Place your baby on his/ her back to sleep**, unless your baby has medical problems.
- Cribs do not cause SIDS or “Crib Death.” **A crib with a firm mattress is the best place for your baby to sleep.** Sofas and couches are not safe places for sleeping babies.
- **Pillows, comforters, and stuffed toys** should not be placed where your baby will sleep.
- **Put the baby in a safe area with a firm surface.**
- **Do not smoke while pregnant or around your baby.** Do not allow others to smoke around your baby.
- **Do not let your baby get too hot.** Dress your baby as lightly as you would dress.
- **Breast feed**, it's the best way to feed your baby (**unless you use drugs or alcohol**).
- Share this prevention information with **all** infant care givers.

For more information please contact:  
Louisiana Department of Health and  
Hospitals, Office of Public Health,  
Maternal and Child Health  
(504) 568-5073

